

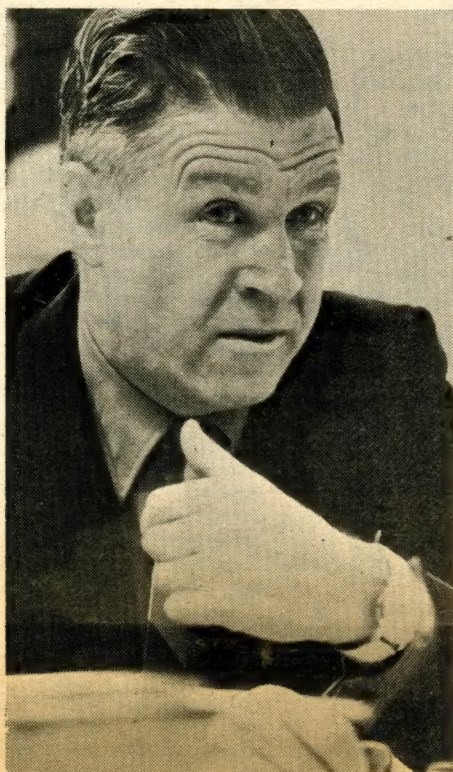
ISSUES & EVENTS

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January 21, 1971, Volume 2, number 15

racial hypocrisy at singapore ed mccullough



The idea that the British Commonwealth is a beacon to the world showing the way to racial peace is a lot of crap. The British have never taken the view in practice that races are equal in places like Africa or India. In fact race discrimination was the watchword for the British Empire in Africa until the very end. In places like Kenya, the government service discriminated against Africans by having three racial groupings until 1955. Pay scales depended on what race you belonged to. The jobs with fairly high pay went to the Europeans, whether they were competent or not. The European got paid three times as much as the African doing the same job. This continued in Northern Rhodesia until 1960. In the period when independence has just come, there have been some changes: but this is obviously a prelude of these countries getting rid of the British yoke altogether.

The conflicts that have threatened to break up the Commonwealth have been over the question of race to some extent, and Canada plays an equivocal and hypocritical role. We are not in a position to throw stones at South Africa, because as far as I can tell they treat their Africans at least as well as we treat our Indians. I'm convinced that the majority of people of European descent in every country of the world are racists still. They don't talk about it as much as they did fifty years ago; it's not popular any more to get up on a house-top and shout that you're a racist; but the way they act is exactly the same as it was before. Take Canada. We have immigration policies which are discriminatory. They're not openly so. There's nothing in our immigration law which discriminates against people on racial grounds. But the Minister of Immigration can make regulations which can color all that sort of thing. One of the things he can decide is to what extent certain people are assimilable into the Canadian society. In practice there's been a tendency to decide that people who are not white are more difficult to assimilate into the Canadian community. And it's true. The reason they are more difficult to assimilate is that the Canadian people discriminate against them.

And of course the White Australian policy is still in effect, and they're developing a White Britain policy.

But it's easier to criticize other people than do something about your own problems. Many of the things that have come out into the open are artificial. What good does it do to expel South Africa from the Commonwealth? It doesn't help the Africans in South Africa. It just makes Diefenbaker feel like a big shot. It's not going to make a bit of difference to the Africans in South Africa whether they sell arms to South Africa or not. Not that I'm in favor of selling arms to South Africa; I boycott goods from South Africa myself, but this is really silly. It's just one of those emotional reactions. I can sympathize with the Africans in other countries for the psychological attitudes they have towards giving the South African government more power. But the South African government has plenty of power now to do what it likes with the Africans of South Africa, and nobody intends to do anything about it. And if the British don't sell them arms, the French, or somebody else who just wants to make money out of selling arms, will. If we want to help the people of South Africa there's only one way to do it: we're going to have to take an army in there and take over South Africa. And who suggests that? Certainly not Trudeau. He's just grandstanding, in my opinion. He thinks it makes Canada look good in the eyes of the Africans to talk about how Canada is opposed to the racist government of South Africa.

There's been a lot of nonsense spoken and written about the significance of the Commonwealth and what it can do for the world. One has to say that any organization that gets people of many different racial groups and languages and keeps them together in any way is an advantage in this world in which the main problems have to do with conflicts among different groups. It can't do any harm, and it may do some good. It's better for the Africans to be able to discuss these things at a conference table with the rest of the people in the empire than just to use their power,

if they have any, to try to get their way. I'm in favor of all the cooperation and discussion that's possible among men, and maybe the Commonwealth is an advantage from this point of view.

The Commonwealth had a military significance during the Second World War. The dominions assisted Great Britain and the colonies assisted, involuntarily, with materials, money, and strategic situations. But I suspect that much of this military significance, even for the dominions, is gone; because the United States is more and more the center for any defense system, not only for Canada, which was the case even before the Second World War, but for Australia or New Zealand, since the United States is the great power in the Pacific. If there's a large-scale threat to those dominions it will be the United States which will bear the brunt of blocking it, rather than Great Britain. British power was the significant military thing about the Commonwealth in previous days, and British power is largely gone.

There remains the economic significance. Most of the Commonwealth is in the sterling area still, or whatever they're going to call the sterling area when they go over to the decimal system. London is still a center for a considerable trade bloc. This aspect is probably less significant, too, for the African countries perhaps and for the Asian countries as well. Africa is really what you might call the last of the British Empire, in this post-World War II period, and it was a valuable area. The British trained large amounts of money and goods out of Africa in the post-war period. But that phase seems to have come to an end to a considerable extent. Obviously they're not training anything out of Canada or Australia. There's a trading relationship, but these independent countries aren't going to sacrifice their interests for the Commonwealth, or to help Britain, at least not to any significant extent. I suppose if Britain were actually threatened again, Australia and New Zealand and Canada would come to her assistance. I'm much more doubtful about India and the African countries: it depends on what they think their interests are at the time.

I think the Commonwealth's future is as a kind of discussion group rather than as a significant weight in world affairs. In the first place I don't think there's much unity among the members of the Commonwealth. It's not going to act as a unit. What it can do is work to smooth out differences among the people in it, in perhaps a better way than the normal relations between sovereign states. The biggest crises are wars, and in the past the independent members of the Commonwealth have been white. They've gone along with the British and the colonial part of the empire has been forced along. That's not in accordance with the myth, but that's the fact. People talk about the Commonwealth springing to arms, but what sprang to arms were the Europeans and the European rulers in the non-European countries. This won't happen again because the conditions are not there.

Edward McCullough, who teaches European Diplomacy, is professor of History. The above was transcribed from tape.

board of governors

The Chairman of the Board announced that Dr. Fraser Fulton, the Chancellor, wishes to retire at the Spring Convocation. An ad hoc committee has prepared a report on the requirements of the position of Chancellor, and this will be considered by the search committee that is now being set up. The search committee will consist of: Dr. J.W. O'Brien (Chairman), Dr. Fulton, E.A. Lemieux, M. Levitt, Dr. J.W. Tait, A. Duff, one alumni representative, five representatives of Faculty, two each of the Day and Evening students, one of the graduate students and two of the Administration.

Preparations are well under way for the Development Fund appeal, with the official fund-raising period February 14-28. The target is \$763,000. The following governors have agreed to serve as divisional chairmen: T.D. Lewis and J.K. Finlayson - Corporations; C.F. Carsley - Personal; T. Lande - Alumni; Dr. C.C. Potter - University. Gifts and pledges made so far to the Development Fund amount to \$50,620.

The Alumni Association membership drive, a separate undertaking from Alumni participation in the Development Fund, has so far resulted in 709 contributions for a total of \$8,563, compared with 84 contributions totalling \$577 at the same time last year. The Association aims to increase participation to 30-35 per cent of potential members within the next three years.

The SGWU Associates will hold their first general meeting on Wednesday, February 3, at the Mount Stephen Club. Guest speakers will be Red O'Quinn, General Manager of the Alouettes, and Dr. O'Brien.

The Operational Services Committee reported that completion date for the increased sales space for the Bookstore is February 15. December sales were down slightly over budget but January has so far shown an increase.

Some 8,000 sq. ft. of space have been rented on a 3-year basis at 2015 Drummond Street to serve as classrooms. It is planned to use this in the next academic year to house collegial-level French and English programs.

Food Services for the six months ending November 1970 showed an overall operating profit of \$3,600. Sales were up \$5,000 over estimate, and cost of sales down by \$9,000. Certain classrooms have now been turned over for study use in order to release space in the cafeteria for its real purpose.

academic honours

1969-70 day division

Joseph ABRAMOVITCH
Gitfah Lynette ACHONG
Barry William ADAMS
Brian Robert ADAMS
Susan Louise ADCOCK
M. Omair AHMAD
Saba I. AHMAD
James Lockart AITKEN
Gloria Joan AIZER
Jack Ben ALBIN
Sydney ALBIN
Penny Susan ALBRIGHT
Nizam ALI
Robert Michael ALLEN
Estelle ALTMAN
Jean Elizabeth AMYOT
Larry Thomas ANDERSON
Timothy J. ANDERSON
Richard F. ARFIN
Ronald John ARGUE
Hazel ARMSTRONG
Stanley ARONOFF
Margaret Rose ATWELL
Henry AYZAYAN
Louise AZNAVOUR
Gerard John BANNING
Patrick Edward BANNING
Elisabeth C. BARDT
Carol Anne BARNES
Alexander B. BARNETT
Herbert Lee BARTHOLOMEW
Hilda Lee BASCH
Henry Joseph (Hal) BEAUCLAIR
Judith Olivia BEDFORD
Ralph BELITSKY
Cynthia Heather BELL
Frances BELL
Lowell David BENJAMIN
Fred Sidney BENSON
Theresa Charlotte BEREZNIK
Judith BERGLAS
Joseph John BERLETTANO
Lynne Donna BERLIN
Jeffrey Ian BERNSTEIN
Joan Elizabeth BERRY
Allan BESNER
Elizabeth Jean BETHEL
Douglas George BICKLEY
George Herbert BINDON
Kathryn Mae BINDON (Mrs.)
Michael Sara BITTMAN
Donald BLACK
Pamela Jane BLACKSTOCK
Joselyne Marie Irene BLAJCHMAN (Mrs.)
Janice Marianne Dorothy BLUE
Barry BLY
Judith BOBBITT
Carole Ann BONDAROFF
Pamela E.F. BOOTH
Fabien BOULANGER
Doris Evelyn BOULT
Virginia May BOWKER
Ronald Douglas BOYD
Dennis E.S. BOCKUS
Barbara Anne BRADLEY (Mrs.)
Susan Rosemary BRODSKY
Lorraine Frances BROOKE
Gordon Fahmi BROWN
Marion Eunice BROWN
Marlene M. BROWNSTEIN
Alan George BROX
Erika Helen BUKKFALVI
John Whitfield BURGE
Borchmans G. BROWNE
Mary Ruth BURKE
Susan Gail CALDER
Heather Jane Margaret CAMPBELL
Linda Jean CAMPBELL
Douglas Michael CANAVAN
Gary Michael CAPLAN
Susan Paula CAPLAN
Peter Hugh CARRUTHERS
Donald Stuart CARTER
James Thomas CASSIDY
Douglas John CAVILL
Raymond CHASSAGNE
James Elias CHATTERTON
Donna Randee CICHELLA
Anne Louise CIMON
Bruce Edward CLARK
Brian Peter CLARKE
John George COFFEY
Aaron COHEN
Allan COHEN
Anna COHEN
David Hirsh COHEN
Stephen David COHEN
Fred Donald COLANTONIO
Donald Gordon COLLINS
Terence Sandford COLLINS
Bryony May CONWAY
Margaret Lloy COOK
Glenn E.M. CORLETT

Walter Ronald COTTON
Linda Susan COUREY
Michael Anthony COUREY
Andrew James CRIGHTON
Joseph CYGMAN
Allan DALFEN
Roslyn DALFEN
Mahandradat DEONARAIN
Ramesh Anthony DEOSARAN
Ara DER KEVORKIAN
Meier Hillel DEUTSCH
Michele Diane DIDIER-VALOIS (Mrs.)
Margaret Helen DORST
Frank William DOUGHERTY
Barbara Joan DOUGLAS (Mrs.)
Donald Anthony DOVE
Patrick Michael DOYLE
Lydia Ann DRAGAN
Dale Alma DRYSDALE
Doreen DUBREUIL
Donald Bernard DUFAULT
Reva DUNIZ
Marilyn Mary DUPONT
Lucie DURANCEAU (Mrs.)
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Catherine Elizabeth EAVES
Duart Gordon EDGAR
William Robert EDGAR
Beverly ENGEL
Esther Ruth ENKIN
Yolande Louise ERDELY
Judith Simone FALLE
Esther FANABERIA
David Kenneth FAUX
Roderick Alexander FERGUSON
Jeffrey Bram FINESTONE
Douglas Michael FINN
Susan Elaine FISHER
Issie FISHMAN
Earl Howard FIXMAN
Tai-Cheong FOK
Erika FORBATH
Denis FORCIER
Jane Madeleine FORD
Oddeinan FOSS-SKIFTESVIK
Grante Malcolm FOX
Sheryl Penny FRANK
Christine Ann FREEMAN
Steven Jay FREMETH
Berl Chaim FRIED
Brahm S. FRIEDLANDER
Cheryl FRIEDMAN
William FRIEDMAN
Amiel FROMCHENKO
R. Nicholas FUNSTON
William Andrew GARAY
Rona Kinloch GARDNER
Jacques GARON
Mary Elizabeth GARRETT
Sharon Lynn GARRETT
Marjorie Dawn GAWLEY
Allan Stewart GIBBINS
John Norman GILMORE
Leslie GINSBERG
Sharon Ann GLICK
Claire GOHIER
Henry GOLDBERG
Hymie GOLDGLASS
Victor Edsel GOODING
Denny Gerald GOODY
Hilda Joy GOSSACK
Martin Stephen GOTHERIT
Patricia Lynn GRACE
Bruce Douglas GRAHAM
John Emmet GRAHAM
Alessandro GRANATA
Barry GRANICH
Michelle Rachel GRAUR
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Danielle GRENIER
Sara Lisa GRINSPAN
Muriel Kathleen GROVES
Emery Stevan GRUNBERGER
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Eva GUTTMAN
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Jane Alice HAGGERSTONE
Mary Elizabeth HAGUE
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Elizabeth Brenda HANDSLEY
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Bryan William Harold HARRIGAN
Brian David HARRIS
John William HASSALL
Margaret Gillian HAWES
Allison Valerie HAYDEN
Robert Preston HEARNS
Carl Malcolm HEINO
Janis Lynne HENDRICK
Stephen Louis HERBERT

Virginia Lee HERMAN (Mrs.)
Jo Ann HERSCOVIVI
Heidi Doris HESS
Richarda Elizabeth HIESS
Allan Ross HILTON
Brian Steven HIRSCH
Shiu Kuen HO
Murray Ernest HODGSON
Janet Frances HOGAN
Reuven HOLLO
Brian Robert HOLLOWAY
Jens Karl HOLM
Esther HOLTZMAN
Donna Marion HOLYOKE
Robert Leonard HORWITZ
Shiraz HOSEIN
Elizabeth Anne HOWARD
Kenneth HUGESSEN
Hugh Royston HUTCHISON
Leslie Anne INNES
Johnnie Mike IRVING
Sandra ISENBERG
Robert Brainin ISSENMAN
Larry Murray JACOBSON
Wanda Fern JARJOUR
Rohan Peter Perera JAYATILAKA
Grace Elizabeth JEFFERIES
Carl Boyd JEFFEREY
Simon JEGHER
Claude Robert JOJOIN
Bruce Hamilton JOHNSTON
Albert Wayne JONES
Michel KADOCH
Joan Carole KAHN
Habza Dulcie KARAMATH
John Frank HARDASH
Jacob Herzl HASHETSKY
Rachel (Raye) KASS
Scott Bruce KATHAN
Barry KATZ
Jack Israel KATZ
William Alan KATZ
Martin Imanis KAVALIERS
Paul Aldershot KEENS-DOUGLAS
Gary Mark KELLAM
David George KELLETT
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Edward John KIRKWOOD
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Ludwig KOEPPEN
Wolfgang Edouard KOERNER
Thomas Joseph KOLAR
Thomas KONTAKOS
Alvin Sheldon KORENSTEIN
Samuel Michael KOSOW
James Earl KOWCZ
Eva KREMER
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Sheba KRUPP
Brewster Hsiao-Pin KWAN
Claudette LABELLE
Monique LABELLE
Dianne Isabel LABOW
Ann Marie LAFERRIERE
Andre LALIBERTE
Raymond Gerard LALONDE
Mildred Florence LANTON
Florence LAPIDUS
Stig Owe LARSSON
Cheuk Fai Jaffy LAU
Max Rubin LAYTON
John Francis LEBARON
Alexander LEBEDEFF
Eric Stephens LEBLANC
Jean Noel Georges Marc LEBOEUF
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Clara LEMKOVITCH
Marilyn Jean LERNER
Venita Pak Yee LEUNG
Yeshayahu LEV
Fay LEVINE
Patricia Aloha LEVINE
Marilyn Sandra LEVITT
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Itzick LIBERMAN
Ernie LIPKOWITZ
Blair George LISTER
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Bobby Robert LOMON
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David Hugh LOUCKS
Larry Frank LUCAS
Chester LUDMIR
William David LURIE
James Bartholomew LUTZUK
Ka Lyon Margaret MA
Man Yick MA
Ian Hugh MACDONALD

Christopher MACFADDEN
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Sid Albert MARTY
Carolyn Louise MASLECK
Sarina MATARASSO
David Roderick MATHEWSON
Donna Margaret Ellen MCCOMBS
Barbara Edith MCCORKINDALE
Laura Sue MCLARTY
Marlene Joy MENDELSON
James Blyth MERRIAM
Peter Allan MERRIFIELD
Naomi METALIN
Barbara Ruth MEYER
Anastasia MICHAELIDIS
Cynthia Barbara MIKALAJUNAS
Fraser Arthur MILES
Brahm Arnold MILLER
Bryan James John MILLER
Christian Godfrey MILLER
Sharon Brenda MILLER
Rosemary Susanne MILLS
Donald Eric MILLNER
Steven MILZ
Ellen Brenda MITCHELL
Theresa Kathleen MONAHAN
Andre Claude MORAZAIN
Anthony Lee MORIN
Keith Ian MORRIS
Gary Andrew MORRISON
Kenneth John MORRISON
Stephen Edgar MORRISSEY
Walter V. MUDRYK
Shirley MUEHLSTOCK
John MULLER
Gary Ian MUNRO
Leonard Alfred MURRAY
Marilyn Mabel MURRAY
Heather Elizabeth MUSGROVE
David NATHANSON
David Lionel NAYMAN
Allan Roger NEIL
Ah Piang Mario NG KUET LEONG
Albert Chun-Wah NG
Cheuk Hung NG
Wing Hon NG
Woon Chi Olynipia NG
Margaret Ann NICKS
Peter Douglas NORTH
Rhoda Julia NORTHRUP
Gabriel NUSSBAUM
Barbara O'BYRNE
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Lewis OLISHANSKY
Deborah Ann O'NEILL
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Randy James PETERSON
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Helen Margaret PHEASEY
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Thomas Charles PIPE
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Marla Helaine POSLUNS
Ishwar Roop PRASHAD
Mark George PRENT
Kenneth Arthur PRICE
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Ramsaran RAMHARACK
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William Norman ROSENBERGER
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Paul SAMUELS

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Ya-Ei SINGER
Wah Ip SIT
Steven SLEZAK
Trudi SMALL
Maria SMIT
Ian Charles SMITH
Warren Young SOPER
Mirjam Paivikki SORILA
David SPEEVAK
Regina SPIRA
Judith Nina STARK
Penelope Louise STARRATT
Linda STEIN
Morton STEIN
Norman STOFFMAKER
Haya STOLOVITCH
Robb STOVEL
William John Joseph SVOB
Linda SZABAD
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Janice Elizabeth TAYLOR
Patrick Chong Hing TEE
William Lee THIRLWALL
Anne Elizabeth THOMPSON
Andrew John TODD
Patricia Ann TODD
Beverly Ann TOWNSEND (née King)
Joseph James TRINCA
Jessie Elizabeth TROSSMAN (Mrs.)
Doris Charlotte TRUDEAU
Gabriel Theodosios TSAMPALIEROS
Amy Shuck Yin TSE
Anne Elizabeth TURNER
Florence Shira TURNER
Allan TUROWETZ
Hans VAN BORRENDAM
Wayne Cornelius VAN HINTE
Charles VASSALLO
Lawrence VATCH
Kenneth Daniel VEGOTSKY
Catherine Jantine VEITCH
Jo-Anne Myra VOGEL
Evelyn Sara WAJCAR
Ronda Felice WALFISH
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Frederick Charles WARREN, Jr.
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Yolande WATSON
Lonnie George WEATHERBY
Barry Edward WEINBAUM
Aron Simon WEISS
Jonathon WEISS
Paula WEITZMAN
Robert Gordon WESTLAKE
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Thomas Richard WHITELEY
Carl Orton WHITTAKER
Erica Anne WIENER
Anthony Richard WIGNALL
Carlyle Gordon WILLIAMS
Garry David WILSON
Kathleen Kai Hong WONG
King-Sun Wong
Patricia Yee Chong WONG
Giles Clement WOODING
Mary Margaret WRIGHT
Donald Maxwell YOUNG
Thomas Lamont WYLIE
Winston Ping Wah YAU
Noubar Berdj YEMENIDJIAN
Maria YOUNG
Sharon Janet YOUNG
Irene Sau-May ZAI
Geza ZARAND
Josef ZAIDE
Arnold Wayne ZEMAN
Joanne Lee ZIGER
Mark Lyon ZIMMERMAN
Leslie ZWIGMAN



There seems to be a lot of fuss these days about health foods, natural foods, vitamins, food additives, etc. It is increasingly difficult to sort out the quackery from the good sense.

In the past 40 years there has been a great deal of research done on nutrition. The results are just beginning to have some effect on the diet and food habits of the population at large. This has been speeded up by recent concern about ecology which has provoked a consciousness of the effects of pollution of all kinds on our bodies.

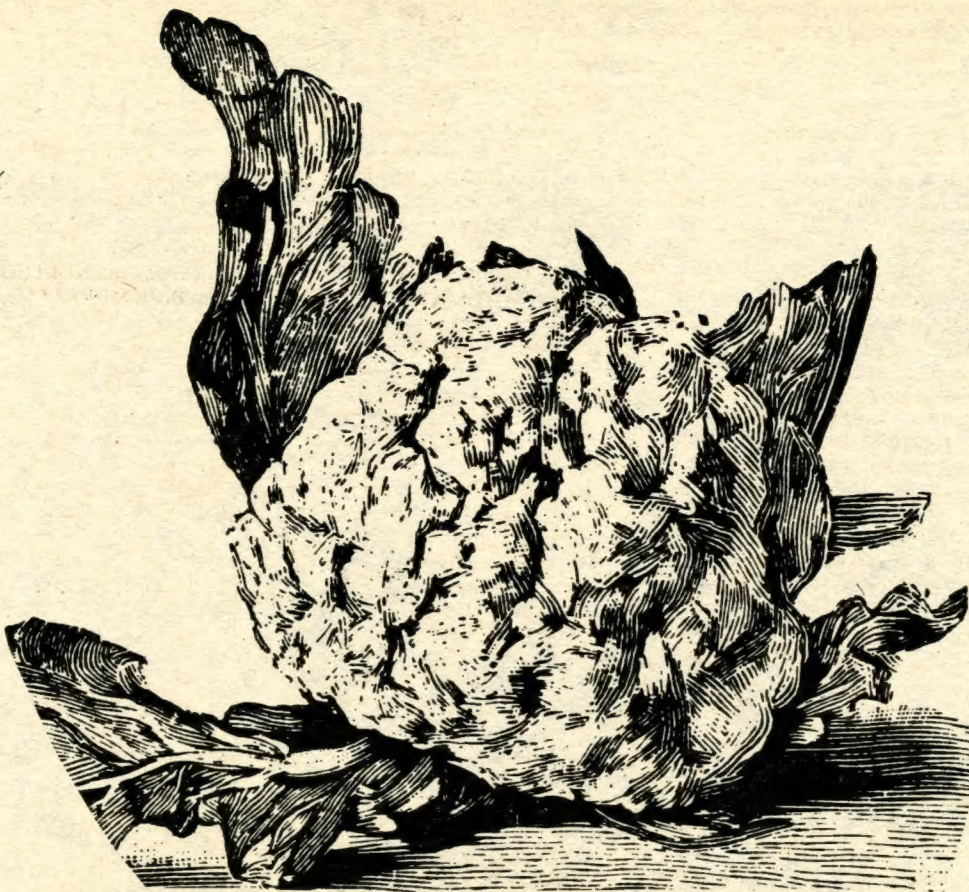
There is a growing demand to understand how our bodies function - which foods it needs, how it uses various nutrients, what is harmful to body processes. More and more people are unwilling to leave nutrition in the hands of the food conglomerates and are working out alternatives, including natural food cooperatives, organic farming, health food stores and restaurants, and a return to unrefined foods.

Unfortunately the whole thing is sometimes little more than a fad and it can be a very dangerous one if diets are changed on the basis of "vibrations" and not nutritional facts. Eating according to what your body feels like can be harmful. For example, if you feel the need for a quick pick-up when your blood sugar is low and you have a doughnut and coffee, your blood sugar level will pick up very quickly but it will drop drastically in a very short time, leaving you in much worse shape than before. On the other hand, if you have a small amount of a natural sugar and some protein, your blood sugar will stay steadily high for a much longer period because protein is digested slowly and supplies blood sugar as you require it, while carbohydrates are absorbed quickly. A high protein breakfast will not leave you hungry and slightly dizzy by 10 a.m. but can keep you going steadily until early afternoon; carbohydrates answer only a short-term need.

As long ago as the early 1950's, Adelle Davis published her book "Let's Eat Right to Keep Fit." In it she stresses the need for at least a minimal understanding of nutrition. The book is written for the layman but has many footnotes and references for further study. She points out that there are many disagreements among nutritionists on various theories but tries to explain and present the choices to the reader instead of leaving such decisions to the food distributors (whose vested interests may be markedly different from yours and mine, i.e. their profit, our health). There are easily understood basic explanations of what our bodies do with the food we eat, what the body needs, what is harmful and why, as well as suggestions for a more suitable diet than the usual North American one, which she considers inadequate and explains why.



It is amazing that the basic facts on body functioning are not taught in elementary school! In most schools nutrition is taught in the form of rules - you should eat this or that, but not *why*. For example, the Canada Food Guide explains that it is important to eat green or yellow leafy vegetables. At no time is it ever pointed



a layman's guide to healthy eating nancy marrelli

out that eating these is important to health because they contain Vitamin A; that this vitamin, being oil-soluble, is absorbed best when at least a small quantity of oil is eaten at the same time; that these vegetables must be chewed very well, not only for indigestion reasons but because the vitamin will not be absorbed by the body. As for an explanation of what Vitamin A does in your body there is an unexplained reference to good eyesight and nothing more.

Most of us have a vague notion of what is good for the body and what isn't but no understanding of why. We tend to rely on good feelings and taste, not fact.

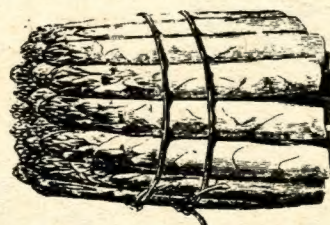


There are all kinds of theories and fads which have become very popular recently - some of these are based on half-truths, some on "good vibrations", and others on only profit-making motives. We should be suspicious of any theory or "health food plan" which does not explain itself in terms of the complex of body functions. A basic understanding of body functioning is a prerequisite. For example, once you understand the importance and function of protein in the body you would be highly skeptical of any "diet" which has little or no protein in it. Without this understanding the diet may "look healthy."

We should know by memory the daily requirements and approximate value of the nutrients in the food we eat - vitamins, minerals, proteins, fats, and carbohydrates. It's really quite easy. A small inexpensive booklet put out by the Queen's Printer, "Healthful Eating", has very good charts which list all our everyday foods and give a breakdown of the various

nutrients they contain. If you check this chart after every meal and work out what your intake has been, within about a week you will know the most common items automatically and won't need the chart except for reference. This means that you can easily work out what your body has had and what it may need for any given day or meal; in times of stress you can easily increase your protein intake, etc.

In her later book "Let's Get Well", Adelle Davis goes a little more deeply into body processes, how they can be messed up and what kinds of nutrients can be used to help restore proper functioning. *She does not advocate becoming your own doctor and/or prescribing medication and treatment on your own.* She does regret that nutrition plays so small a part in medical school training and advises that you bring up nutrition questions with your doctor when she/he prescribes treatment. For example, taking antibiotics will destroy the bacteria which are essential to the production of certain B vitamins in the body; it is therefore important that these bacteria be replaced, and this is easily done by eating a little extra yogurt every day while you are taking the antibiotic. Or if you are placed on a restricted diet to treat a particular ailment, find out which nutrients are lacking in the diet and ask your doctor for assistance in replacing them within the limitations of the diet or by supplementing the diet with vitamin pills.



The question of the effects of modern food processing on nutritional value is also a crucial one. Bread is a prime example

of high loss of nutrients through processing. In the milling of flour large quantities of vitamins are destroyed. The quantity of vitamins added to "enrich" the flour is much less than the quantity destroyed; we are then asked to pay higher prices for the "enriched" bread which has had 60 milligrams of vitamins added to it when 100 milligrams were destroyed in the first place. Most of the bread which is available in stores and bakeries has little or no food value. Did you know that "whole wheat" bread by Canadian law must have a whole wheat content of only 60% and that bread labelled "brown" contains even less whole wheat? The remainder can be regular white flour. Rye bread from bakeries very rarely contains only rye flour. Bread made from whole grain or stone-ground flour is a real food and not just a glob of starch which fills the stomach. Although these breads may seem expensive (45 - 50¢ a loaf when bought in stores) they are a far better buy than ordinary white bread in food value per dollar. Bread used to be the staff of life. It is unthinkable that anyone would live solely on a diet of the "enriched" bread most of us eat. And how many pieces of "bread" and butter do we feed our children whose need for good nutrition is so great! Government is only mildly effective in regulating abuses. The food industry is interested in long shelf-life and "good looks" in a highly competitive market. They are concerned with making money and only coincidentally with good health.



Another important consideration is how you cook the food you eat. It is very easy to destroy the most valuable nutrients in cooking. It is fortunately just as easy to maximize the nutritional value of our food by proper cooking methods. Most healthy food tastes good, if it is cooked well. It very often tastes much better than food which is not healthy. In her book "Let's Cook it Right", Adelle Davis gives clear and informed directions on how to cook your food to get the most value out of it. Her detailed chapter on how to cook meats and why is a real revelation, and if you read carefully you can make good-tasting, high quality meals for considerably less money using the cheaper cuts of meat. She explains why it is better to cook meats for a long time using a low temperature and how this makes cheaper cuts very tender.

Health food should not be a fad; it should not be blindly following a "health food" diet out of a magazine; it should not be expensive (once you have a stock of basic items); it should not be taking vitamin pills at random without understanding their effect on your overall system; it should not be fanatical quackery. Health food is for healthy bodies and that involves learning to eat by understanding how your body works and what it needs.

The following Adele Davis books are available in paperback: *Let's Eat Right to Keep Fit*, *Let's Cook It Right*; in hard cover: *Let's Get Well*, *Let's Have Healthy Children*. The Canadian government book *Healthful Eating* is available at the Queen's Printer for 50 cents.

Nancy Marrelli is secretary to the University Librarian. A natural foods co-op, soon to be underway, will provide members natural foods - organic vegetables and vitamins - at cost price. For more information contact Barbara at 844-2640.

40 umbrellas, 20 pairs of glasses, assorted books, gloves, sweaters and scarfs, and 1 blue slip -- just some of the stuff stashed in Lost & Found, available through the Norris Building security desk.

SGWU / THIS WEEK



thursday 21

CONSERVATORY OF CINEMATOGRAPHIC ART: "Viva Zapata" (Elia Kazan, 1952) with Marlon Brando, Anthony Quinn and Jean Peters at 7 p.m.; "East of Eden" (Kazan, 1955) with James Dean, Julie Harris and Jo Van Fleet at 9 p.m. in H-110; 50c for students, 75c non-students.

GALLERY I, GALLERY II and WEISSMAN GALLERY: "Tony Urquhart Reunion" until January 28.

HILLEL: Writer and Hunter College prof Irving Howe speaks on "Beyond the New Left" at 4:15 p.m. in H-110.

HILLEL: Mime workshop with Gilles Maheu, 6-8 p.m. at 3460 Stanley, 3rd floor.

ARTS STUDENTS ASSOCIATION: Realist editor and funniest man in town today Paul Krassner speaks from 2:30 to 4 p.m. in H-110.

UKRAINIAN SOCIETY: Meeting at 12 p.m. in H-605.

ARMENIAN CLUB: Meeting at 2:30 p.m. in H-621.

BIOLOGY CLUB: Meeting at 1 p.m. in H-420.

GEORGIAN CHRISTIANS: Meeting at 12 p.m. in H-615.

friday 22

ARTS STUDENTS ASSOCIATION: Walter Tarnapolsky, dean of Law at Windsor and author of "Civil Liberties in Canada", speaks on "The effectiveness of the Bill of Rights" at 1 p.m. in H-110.

GEORGIAN FILM SOCIETY: "If" (a British private school revolts, 1969) in H-110 at 7 p.m. (75c) and 9 p.m. (99c).

C.E.G.E.P. STUDENTS: English student representatives election at 3 p.m. in H-620.

SOCIETY FOR THE ADVANCEMENT OF MANAGEMENT: Luncheon at 11:30 a.m. with guest speaker J.A. Paré, vice-président, personnel at Northern Electric; tickets available in N-025.

saturday 23

GEORGIAN FILM SOCIETY: "Gone With the Wind" (1939) with Vivien Leigh and Clark Gable in H-110 at 4 p.m. (75c) and 8 p.m. (99c).

INDIA-CANADA ASSOCIATION OF MONTREAL: India Republic Day celebrations with authentic dinner and entertainment in the cafeteria at 7 p.m.; Principal John O'Brien speaks on "International University Cooperation"; tickets \$4 for students, \$5 non-students, through 879-4564 or 334-4990.

ISSUES & EVENTS

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Joel McCormick, editor
Michael Sheldon
Malcolm Stone

sunday 24

GEORGIAN FILM SOCIETY: "Rosemary's Baby" (1968) with Mia Farrow in H-110 at 5 p.m. (75c) and 7:30 p.m. (99c).

monday 25

BIOLOGY CLUB: Meeting at 3 p.m. in H-937.

CO-OPERATIST CLUB: Discussion of the ways and means of a credit union at 5 p.m. in H-665.

ARTS STUDENTS ASSOCIATION: Father James Groppi (civil rights priest) at 2:30 p.m. in H-110.

PHILOSOPHY CLUB: Warren Allmand, MP for Montreal NDG, on "Liberalism" at 2 p.m. in H-635.

SCIENCE WEEK: Opening ceremony on mezzanine at 11 a.m. and showing of "Monterey Pop" at 12 p.m. in H-110 (50c).

tuesday 26

ARTS STUDENTS ASSOCIATION: Comedian and civil rights crusader Dick Gregory talks at 2:30 p.m. in H-110.

GEORGIAN CHRISTIAN FELLOWSHIP: Meeting at 11:45 a.m. in H-645.

SCIENCE WEEK: Molson tours at 3 and 7:30 p.m.

CIVILIZATION: The highly acclaimed colour series by Sir Kenneth Clark is being presented twice each Tuesday; today "The Great Thaw" (the Gothic era) 1-2 p.m. and 8:30-9:30 p.m. in H-435; free.

wednesday 27

UNIVERSITY COUNCIL ON STUDENT LIFE: Meeting at 5:15 p.m. in H-769.

S.G.W.U. EDUCATION PUBLIC LECTURE SERIES: Dr. John Macdonald speaks on "Education of the Masses" at 8:15 p.m. in H-937.

BLOOD DRIVE: General meeting at 2 p.m. in H-435.

ARTS STUDENTS ASSOCIATION: Charles Morgan Jr., lawyer who has defended Cassius Clay, Howard Levy, and Julian Bond, speaks at 1 p.m. in H-110.

SCIENCE WEEK: Businessmen's luncheon at the Lasalle Hotel, \$1 per person (3rd and 4th year students only).

thursday 28

CONSERVATORY OF CINEMATOGRAPHIC ART: "Splendor in the Grass" (Elia Kazan, 1961) with Natalie Wood and Warren Beatty at 7 p.m.; "America, America" (Kazan, 1963) at 9 p.m. in H-110; 50c for students, 75c non-students.

ARTS STUDENTS ASSOCIATION: Rev. Ralph Abernathy speaks at 2:30 p.m. in H-110.

YOUNG SOCIALISTS: Meeting at 2:30 p.m. in H-830.

GEORGIAN CHRISTIAN FELLOWSHIP: Meeting at 1 p.m. in H-435.

SCIENCE WEEK: Tour of National Research Council in Ottawa leaves at 7:45 a.m., returns at 6 p.m.; \$1 per person. Beer bash at Boulevard de Paris, 4 beer for \$1. Lawrence Cumming, director of CUSO's Eastern Central Africa program speaks at 2:30 p.m. in H-511. For further information call 879-4526.

CUSO INFORMATION MEETING: Lawrence Cumming, Director of CUSO's East and Central Africa program, will be available in H-511 from 2:30 to 4:00 to discuss job opportunities overseas for maths and science graduates.